




LKS2





Gymnastics





Overview

- Gymnastics is a sport in which we do exercises that need strength, balance, flexibility and control.
- In gymnastics, we may use lots of different skills, for example running, jumping, balancing, stretching, bending and tumbling.
- In lower KS2 gymnastics, we use a wide range of travelling actions. We also consider more advanced movements and holds. We put our ideas together into more complex sequences.
- We should learn how to create a safe environment, work independently & collaboratively and respond to feedback given by others.



Social and Emotional

<p>Collaboration Collaboration is about working well with others in order to achieve an agreed goal. When performing movements and balances with a partner, strong collaboration is important for both quality and safety.</p>	<p>Communication We need to communicate using appropriate language in order to provide effective feedback. We should ensure that we consider the feelings of others, and work on ensuring that our feedback is constructive and helpful.</p>	<p>Key Vocabulary</p> <ul style="list-style-type: none"> Gymnastics Balance Flexibility Control Inverted Movement Joint Balancing Shoulder Stand Tension Rotation Straddle Roll Sequence Perseverance Feedback
<p>Keeping Safe Follow the rules and listen to the coach/ referees instructions. Set up, handle and store apparatus properly.</p> <p> Keep others safe by ensuring there is appropriate space between you and others.</p>	<p>Building Confidence Some gymnastic moves can be difficult or dangerous. It is important that we believe in ourselves and build confidence before attempting moves. Building towards complex moves in steps can help us to achieve this.</p> 	
<p>Perseverance Perseverance is about keeping going even when something is difficult or tiring. Gymnastic movements and holds can rarely be achieved the first time – they need you to practice and keep trying even when you fail at first.</p> 	<p>Selecting and Applying Actions There are a huge range of different movements and holds that we can perform. We should select and apply those that are most effective at different times. In order to do so, you will need to draw on your skills of creativity and imagination.</p> 	


Physical		
Skill	Definition	How do I do this?
<p>Inverted Movements</p> 	An action where your hips go above your head.	Shoulder Stand: Curl torso and bring knees towards face. Lift hips upwards. Bend elbows and place hands on lower back. Keep elbows on ground. Bridge: Lie on back, soles of feet on floor. Push hips upwards. Extend your arms, so that head is upside down, facing away. Hold for 5 seconds.
<p>Developing Balances</p> 	To hold a body position with control, both individually and with others.	-Strong body tension will help you to hold balances with more control. Hold moves for at least 5 seconds. Use different body parts & levels to keep balances interesting. -Balance in pairs: use body tension to hold one another up. -When taking weight on hands, tense stomach.
<p>Rotation Jumps</p> 	To launch both legs off the floor at the same time, rotating in the air.	-Keep your chest upright, eyes forward. Start with hands by side, and raise them as jumping. Bend your knees & spring upwards to jump high. Land feet together, toes first. Try to land without much noise. Bend your knees.
<p>Rolls</p> 	Moving by turning on the ground.	-You should be becoming more confident with each of the following rolls: straight, barrell, forwards and straddle. -For the more difficult rolls (forward and straddle) body tension is particularly important for maintaining form.
<p>Making Sequences</p>	To put moves together.	-Consider how moves look together. Marks for quality and control. You should now be able to use different apparatus and inverted movements within your sequences. Think about your starting and finishing position carefully.

Thinking/ Strategic

Apparatus– The equipment on which gymnastic moves are performed, e.g. mats, beams, springboards.

Beam – A long, thin surface that gymnasts balance on and move around. A bench can be used as a beginner’s beam.

Springboard – A platform that a gymnast jumps on to propel themselves further.



Agility Table – A surface (often with a soft top) on which gymnasts balance and move around. The bars up the side provide climbing movement opportunities.

-Success in gymnastics is all about quality and control. Quality is about making sure that your movements look good. Use good posture and point your fingers and toes to show quality.
-Control is when you hold positions carefully. Tense your muscles to help control your movements and balances.

You need to be able to respond to the feedback given to you by others, improving your areas for development.

Health and Safety

Exercise in safe spaces. Be mindful of others.	Keep your head up and know what is around you.	Warm up properly including stretching your muscles.	Bend your knees when you land.	When forward rolling, head should be tucked in. Shoulder blades touch down first.	Make sure that apparatus is set up properly.	Make sure that apparatus is put away properly.	Warm down after exercising.	Remove jewellery and wear suitable clothing/ equipment.
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